

## Grace Part 10

# Inner Happiness and Capacity to Love

Welcome back to the Tuesday Bible study. We are continuing in our *grace* series with *Inner Happiness and Capacity to Love*.

When we think of *grace gifts*, I cannot think of a gift more important than *Inner Happiness or Joy*!

1) Describe *Inner Happiness or Joy*.

From "Grace Notes"

### Inner happiness

Inner happiness is not possible for the believer who is occupied with himself. Inner happiness is a state of rejoicing based on knowing that God is everything He claims to be and that He can and will do what He has promised. Inner happiness is the joy of living where every provision for physical, emotional, and spiritual well-being is being made by God, in the life of a Christian who is walking in daily fellowship with Him.

In Nehemiah, chapter 8, we read about *joy*.....

### ***Nehemiah 8:1-3, 8:8-12***

"The people wept" - yet Ezra said in ***Nehemiah 8:10***

***'Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength."***

2) Why is joy so prominent here and why are the people sad?

Obviously, you nor I, or anyone else can completely please God outside of Jesus and the Holy Spirit. We cannot keep all the rules. In fact, you are probably struggling somewhere today in action, thought or conscience!

From "Grace Notes"

### Capacity to Love

There may be many disturbing details that surround our relationships with other people or the circumstances of our lives. Love deals with that depression by giving us the capacity to have a Spirit produced love for God (*1 Cor. 16:22*); for spouse (*Titus 2:4*) and for others (*Rom. 12:13*). This is only one of the marvelous products of grace in the Christian's life.

Time of Reflection (inner personal question)

3) Can you think of a person, situation, or relationship where it may be a struggle to show love?

From "Grace Notes"

JOY - Joy is the happiness which God provides, a happiness that does not depend on people, circumstances, or things to maintain it. Joy is the relaxed mental attitude that comes from casting one's cares on Christ, knowing that He cares for us. A person who does not possess spiritual joy will chase after the world's attractions and provisions because there is no satisfaction in the things of the Lord.

OUCH.....

PEACE - Peace is the result of exercising Faith-Rest. Faith-Rest is the process of trusting God the Father to keep his promises, to make provision for every contingency and trial, and then enjoying the tranquility that abiding in Christ provides. A person without godly peace will fret and stew, try to solve problems in flesh, and will generally exhibit the same anxieties as the unbeliever in the same position.

4) Why are *Inner Happiness* and *Capacity to Love* linked together?

5) Reflecting on question 3, how can you find *peace, joy or inner happiness* in that situation?

*Capacity to Love*

In order to find *inner peace*, we must find a way to have love - our *capacity* must always be growing.

In Nehemiah they found *joy* knowing they were forgiven in spite of their inability. We can love if we accept others' inability as well.

6a) Do you believe you can have joy?

6b) If so, what stops you?.....

**All of the concepts we are learning work together --- like gears. Being "occupied with Christ" allows us to "live in the Word". The more we learn the more we can "rest in our faith" and find "inner happiness" and grow in our "capacity to love".**

Final Thoughts.

<sup>1</sup>Grace Notes is a ministry of, Austin, TX; <https://www.gracenotes.info/>

**Next Tuesday Bible Study - "Relaxed Mental Attitude" and "Mastery of the Details of Life"**